

Lot Valley, Vistas and Villages - French Cycling Holiday



- Home
- Our Cycling Holidays
- Lot Valley Tour
- Lot & Dordogne Tour
- Short Breaks
- Our Hospitality
- Guest Reviews
- Travel
- How to Book
- What's Included
- Contact Us



Start Dates

2011
May 15th
May 29th
June 12th
July 10th
Aug 7th
Aug 21st
Sept 18th

Lot Valley, Vistas and Villages

May, June and September

Price: £995 / 1195€ / US\$ 1645

July, August

Price: £1095 / 1295€ / US\$ 1795

7 days/6 nights

The Lot Valley, Vistas and Villages cycling tour provides the opportunity to explore this beautiful and unspoilt area of France. The Lot is one of the largest and least populated departments and so offers you an immediate escape to peaceful surroundings and quiet, virtually traffic-free roads that are a pleasure to cycle.

On this holiday you stay with us for your whole holiday - so you can relax, unpack and unwind from the moment you arrive.

The cycling is fairly gentle with plenty of long, quiet stretches along valley roads. There are a few hills which are worth the effort for the amazing panoramic views across the landscape. Anyone with a reasonable level of fitness should be able to complete the routes comfortably. The following itinerary provides an outline of what to expect. All distances can be reduced or lengthened according to your preferences and you can always opt to take a day off and have a rest from cycling if you wish - the beauty of a single-base holiday!

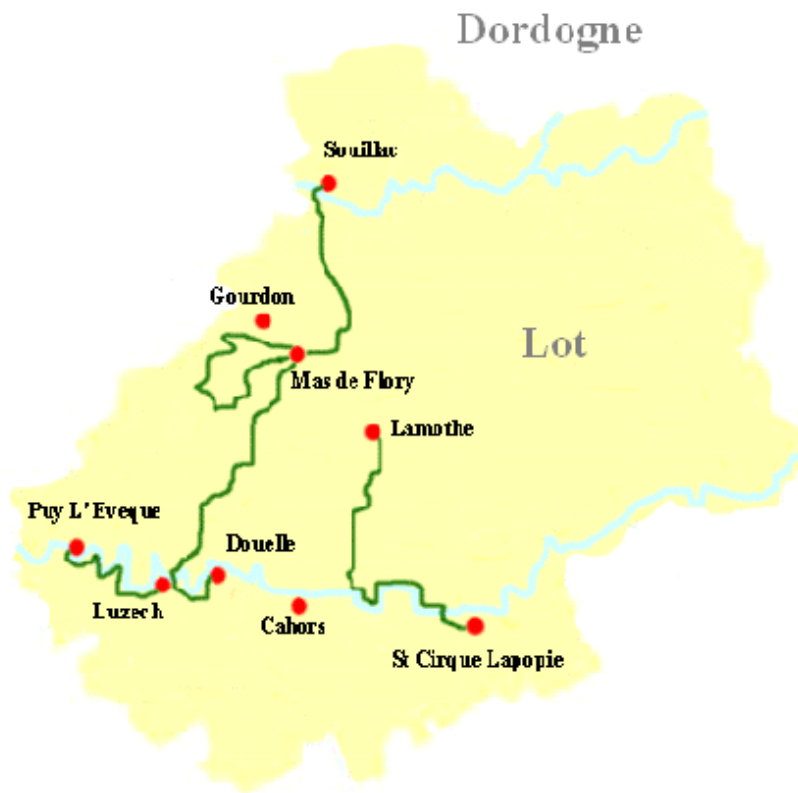
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Itinerary

Day 1 (Sunday) Welcome

We meet you at Bergerac airport or Gourdon rail station and drive you to Mas de Flory, your home for the week. Relax and unwind with a glass of fizz while you settle in and later enjoy a long, lazy and delicious gourmet meal - 4 courses with plenty of wine and coffee to finish - and meet your fellow guests for the week.

Day 2 (Monday) Meander the River Dordogne to Souillac

Your first day on the bike and we give you a nice gentle introduction to your french cycling holiday.

After a substantial breakfast we'll fit you with your bike for the week and ensure you feel comfortable and confident before you set off.

You'll cycle quiet country roads through a series of pretty villages and past an ancient abbey, following a stream valley into pretty Grolejac, where you can stop for coffee and a delicious pastry. From here you'll turn eastwards to follow the River Dordogne along to the pretty villages of Veyrignac and St Julien de Lampon. Then you'll cross the river and cycle into the town of Souillac with its many cafes, restaurants, galleries and boutiques.

After having plenty of time to explore we'll return you to Mas de flory to relax before another delightful evening meal.

Cycling distance is approximately 27m/43k

Day 3 (Tuesday) Catus market and valley

Today you'll cycle along quiet, leafy backroads, again following a mostly flat route to the small town of Catus, where you can browse the quaint small town and visit the weekly market - perhaps to buy some



vistas

fresh provisions for a lazy lunch by the lovely *Lac Vert*.

In the afternoon you'll continue southwards and make your way towards the **Lot River Valley** and the pretty town of Luzech. You'll get there via the amazing views from the Col de Crayssac and the spectacular downhill, switchback sweep of the route de Cevenne - a thrilling ride!

You can then meander through the AOC Cahors vineyards (along the **Cahors Wine Trail and Lot Valley Cycle Route**) and the chateaux of Caix, Parnac, Caillac and into pretty Douelle. Here we'll meet at a riverside bar before returning to Mas de Flory at the end of the afternoon.

Cycling distance is approximately 29m/46k

**Day 4
(Wednesday)
Vers and Lot
river valleys
to St Cirq
Lapopie**

Today is a fantastic sweeping downhill route - until you get to the end, when you climb to the **beautiful village of St Cirq Lapopie** - which is absolutely worth the effort!

You'll start by cycling east across stunning countryside and along lovely wide, shady, forest roads before joining the Vers valley to cycle south towards the River Lot. This road has stunning views as you sweep between the high limestone rocky outcrops that line the valley.

You then join the Lot valley and cycle to the pretty small towns of Vers, St Gery and Bouzies before crossing the river and climbing up to St Cirq Lapopie.

St Cirq is officially one of the most beautiful villages in France and is definitely worthy of this accolade. Its maze of steeply sloping, narrow, cobbled streets is lined with pretty, interesting, old houses, whose stone or wood frontages date from the 13th to 16th centuries.

You will have time to enjoy a well-earned beer at one of the many cafes as well as to explore this lovely village. As we return home you'll have the option to visit the Grottes de Pechmerle to see the prehistoric cave paintings of early man.

Cycling distance is approximately 24m/39k

**Day 5
(Thursday)
Villages of
the Bouriane**

Today you'll cycle through the dappled green shade of the wooded backroads in the Bouriane, exploring tiny and pretty hamlets, such as Rampoux, Thedirac and Gindou and the small town of Cazals with its attractive central square, where you could stop for a drink in one of the bars or cool off by the pretty lake on the edge of the town.

You'll also ride into quaint Les Arques where a visit to the museum of Zadkine with its remarkable sculptures, is a must. Les Arques is also home to the wonderful La Recreation restaurant, whose story is charmingly told in the book 'From Here You Can't See Paris' by Michael Sanders. [Visit the publisher site.](#)

In exploring these lovely rural villages you'll get to experience the real local France, often remaining unchanged through hundreds of years.

Cycling distance is approximately 24m/38k

**Day 6
(Friday)
River Lot and
AOC Cahors
vineyards**

On your last cycling day you'll explore the lovely winding River Lot and finish the day with wine-tasting!

This tour follows part of the **Cahors AOC wine route** - voted best wine route by The FrenchPaper, June 2009.

You'll meander along the Lot river and among the vineyards, passing through the small villages of Albas, Castelfranc, Anglars-Juillac and Grezels, all of which have bars where you can stop for a coffee or a cool beer and watch the river flow.

If you'd like to work a bit harder you could take a detour up to either Albas or Belaye both fairly steep climbs, but absolutely worth it for the breathtaking views across the valley from the top.

After lunch by the river you'll cycle along to Puy L'Eveque, where you can take some time to explore the ancient port and medieval town with its 14th century narrow streets and houses rising dramatically from the Lot river and cladding the hillside beyond.

Take the rest of the afternoon to cycle amongst the AOC Cahors vineyards and make the moderate climb to Floressas, where you'll find [Chateau Chambert](#) sitting majestically above the vines.

Here you can join a tour of the grounds and then taste their wonderful selection of Cahors wines, based on the Malbec grape and grown biodynamically.

You don't need to worry about cycling afterwards as we'll meet you with the support minibus and drive you back home to enjoy your last evening with yet another delicious dinner!

Cycling distance is approximately 19m/30k

**Day 7
(Saturday)
Au revoir**

After a leisurely breakfast we'll drive you to Gourdon rail station or Bergerac airport to meet your homeward connection.

We wish you *bonne route* and hope you enjoyed your stay - *a bientot!*

Cycling holidays start on a Sunday and finish the following Saturday and include all of the following:

- Accommodation as stated in ['Our Hospitality'](#)
- Breakfasts and 4-course evening [meals](#) with wine
- Bike hire, routes and maps and full cycling support as stated in ['Cycling Holidays'](#)
- Transfers to and from Gourdon rail station or Bergerac airport, as required



[Slideshow of this tour](#)

[HD Video of St Cirque Lapopie](#)

See our other cycling tour:
[Dordogne - History, mystery and Chateaux](#)



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Mas de Flory
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France

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